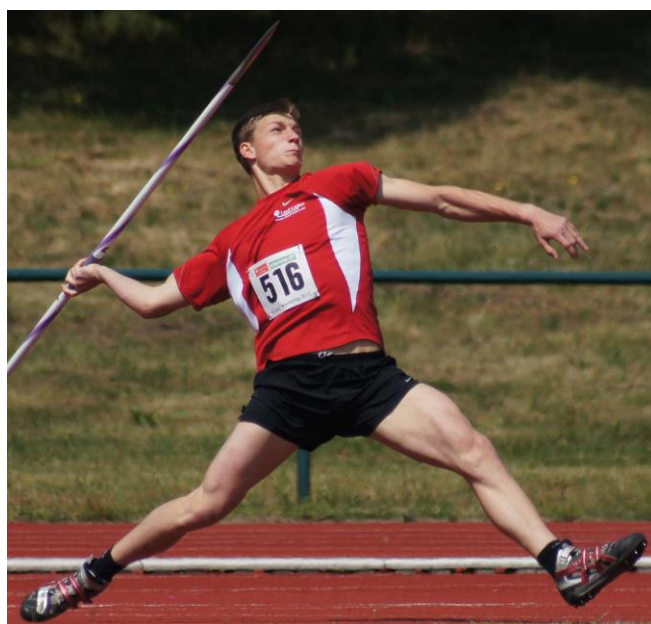


Laurel Highlands Athletic Conference

Track & Field Championship



**MAY 7, 2019
SAINT FRANCIS UNIVERSITY T&F Complex**

Laurel Highlands Athletic Conference Track & Field Championship Meet

Dear LHAC Track Coaches and Athletic Directors:

This is an information packet for the Laurel Highlands Girls and Boys Track and Field Championship Meet to be held at Saint Francis University on Tuesday May 7th, 2019. Field Events begin at 1:00 and running events begin at 1:30. Rain Date will be May 9th.

General Information

All seeding information will be done electronically using Pentrack. Entries may be submitted online, starting on April 22. **Entries must be entered no later than Saturday May 4, 2019 at 11pm.**

Questions may be sent to: Randy Wilson, Central Cambria (rwilson@cencam.org) School 814-472-8860 Ext 206 or cell **814-659-8513**.

Link for registration: <http://pa.milesplit.com/meets/305829/info#.Wumjs9Twbct>

Help with registration: http://pa.milesplit.us/pages/Online_Meet_Reg_Instructions

Limits of Competition

There will be a maximum of **2** contestants per scheduled event. No athlete can participate in more than 4 events.

Scratches / Additions

We will make scratches in the running events at the coaches' meeting. Substitutions will be unseeded and **not substituted** for a scratched competitor. No seeding will take place at the coaches' meeting. Substitutions in the field events will replace the scratched competitor.

Order of Events

Order of heats will be from slow to fast. Substitutions will be placed in the slow heat.

Timing of the Meet

Timing for the meet will be F.A.T. done by Lex Mercado.

Coaches / Spectators

Coaches, there will be no restrictions to your movements during the meet. Please assist us in running an orderly meet by policing your own. **Absolutely no spectators will be permitted inside the fence.**

Order of Flights

There will be one (1) flight in each field event. We will run open pits for the long jump from 2:00 until 4:00 and triple jump from 4:00 until 6:00. Each competitor will receive four jumps.

Throwing Events

Flights in the throwing events will be run in reverse order to the seeding as best as possible. Markers will be used in the Javelin and Discus where we will only measure a thrower's best throw. All throws in the shot put will be measured. In each event, the competitor will receive four throws. Consideration will be given to athletes in multiple events. Throwing events will take place behind the Stokes Complex. Shuttle services will be available for coaches and athletes only between the track and the throwing area.

Spikes and Starting Blocks

No spikes longer than 3/16" will be permitted. Any competitor found using longer spikes will automatically be disqualified. Spikes are not permitted in the stands. Starting blocks will be provided.

Awards

Medals will be awarded for 1st, 2nd & 3rd Place, ribbons for places 4th thru 8th. All awards will be distributed immediately after results are finalized

Refreshments

There will be a concession stand open. There will be LHAC T-shirts available at the meet.

Workers

Schools will be assigned to specific events.

Parking

All buses transporting athletes will drop off athletes at the track & field complex and then park at the Stokes Center.

Admission

\$3 for Adults and \$1 for Students.

(NO FOOD OR DRINK IS PERMITTED INSIDE OF THE FENCE ON THE TRACK OR TURF. WATER ONLY ON TURF-NO SPORTS DRINKS OR **SUNFLOWER SEEDS**)

Track & Field Championship Meet Tuesday May 7th

SCHEDULE

12:30 Coaches Meeting

Throwing events: 3 flights each (36-25 / 24-13 / 12-1). Each competitor gets 4 throws

1:00 Boys Javelin
Girls Discus

Approx 2:15 Girls Javelin
Boys Shot

Approx 3:30 Girls Shot
Boys Discus

Jump events: 1 flight each - 4 Jumps for each competitor

1:00 Boys Long Jump – Pit #1 – Open Pit (1:30-3:30)
Girls Long Jump – Pit #2 – Open Pit (1:30-3:30)
Boys Pole Vault (Starting Height - Boys 9'0")
Girls High Jump (Starting Height – Girls 4'2")

Girls Pole Vault will follow Boys Pole Vault (Starting Height – Girls 7'0")
Boys High Jump will follow Girls High Jump (Starting Height – Boys 5'2")

Girls Triple Jump – Pit #1 – Open Pit (3:30-5:30)
Boys Triple Jump – Pit #2 – Open Pit (3:30-5:30)

Running Events:

In each event, the girls will run first followed by boys
Heats will be run slowest to fastest

All 8 lanes will be used (5 heats, 8 per heat).

There may be two heats for the 800, 1600, 4x100, and 4x400.

1:30 3200 Relay
100/110 Hurdles
100M
1600M
400 Relay
400M
300 Hurdles
800M
200M
3200M
1600 Relay

All running events are timed finals.

LHAC BOYS

Championship Records

Event	Year	Time/ Distance	Athlete(s)	School
3200 Relay	2015	8:14.0	Kachman, Pittman, Kendall, Baker	Bedford
110 Hurdles	1997 2015	14.8	Ludwig Piner	Richland Forest Hills
100	2015	10.64	Karlheim	Bishop Carroll
1600	2004	4:17.9	Mock	Westmont
400	2010	50.1	Younkin	Somerset
400 Relay	2017	42.74	Loe, Tinsley, Berkins, Simon	Johnstown
300 Hurdles	1995	40.1	Fain	Somerset
800	2010	1:59.8	Dean	Westmont
200	2014	21.8	Meyer	Somerset
3200	2004	9:26.6	Mock	Westmont
1600 Relay	2016	3:27.91	Cook, Eisaman, Duffus, Baker	Bedford
Shot	2018	54'10.5"	Hyde	Somerset
Disc	2005	162'7"	Maderia	Forest Hills
Javelin	2016	196'6 1/2"	Dabbs	Richland
Long Jump	1995	22' 3 1/2"	Spaid	Central Cambria
Triple Jump	2005	46' 3 1/2"	Kanuch	Westmont
High Jump	2011	6'8"	Gallaher	Forest Hills
Pole Vault	2018	13'7"	Abel	Richland

LHAC GIRLS Championship Records

Event	Year	Time/ Distance	Athlete(s)	School
3200 Relay	2016	9:32.44	Gilkey, Hayward, Wess, Peterman	Central Cambria
100 Hurdles	2001	14.91	Meyers	Richland
100	2015	12.34	Miller	Bishop McCort
1600	2007	5:04.2	Seymour	Central Cambria
400	2016	59.44	Felton	Richland
400 Relay	2016	49.75	Downey, Miller, Smith, Thomas	Bishop McCort
300 Hurdles	2016	45.86	Kaschalk	Central Cambria
800	2008	2:21.3	K. Seymour	Central Cambria
200	2007 2015	25.5	Lanzendorfer McGhee	Central Bishop Guilfoyle
3200	2007	10:50.0	Seymour	Central Cambria
1600 Relay	2016	4:02.77	Bracken, Hayward, Wess, Peterman	Central Cambria
Shot	2018	38'5"	Wolf	Bishop McCort
Disc	2014	115'2"	Meyers	Bedford
Javelin	2006	152'5"	McQuillen	Westmont
Long Jump	2017	18'4"	Roush	Johnstown
Triple Jump	2018	38'7"	Michina	Penn Cambria
High Jump	2008 2016 2018	5'4"	Boyd Koeck Michina	Richland Forest Hills Penn Cambria
Pole Vault	2018	12'2"	Gossard	Richland